

Picnic In the Park

You and your family are invited to our annual World Breastfeeding Week Picnic in the Park.

Our picnic will be held at Kate Curley Park (located on the corner of Higbee Ave and 10th Street) on Friday August 5 from 11 am—1 pm.

Come join us for food, games, prizes and booths from a variety of local vendors. We will have educational displays and breastfeeding experts on hand.

This free event is sponsored by the B.E.S.T. Council and the WIC Program.



Infant Toddler Screening Clinics

The Idaho Infant Toddler Program is conducting FREE developmental screenings clinics for children birth through age 2 (under the age of 3). Children are screened for vision, coordination, self-help, social skills, learning, hearing and speech/language. Upcoming screenings are scheduled for August 8, September 12 and October 17. All clinics are from 11 am to 3 pm. Screenings are held at the Child Development Center at 2475 Leslie Avenue in Idaho Falls. Call 227-1282 for an appointment.

Computer Changes Coming...

In November the Idaho WIC program will be switching over to a new computer system. Our district has been selected to pilot the system in August. Please be patient with us as some of our staff may be using the new system during your August appointment.



Office Closures

July 4—*Independence Day*

WIC Newsletter

July/August 2011



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Dietary Guidelines 2010

The United States Department of Agriculture (USDA) came out with new dietary guidelines in 2010. The USDA is encouraging people to take action in three areas:

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

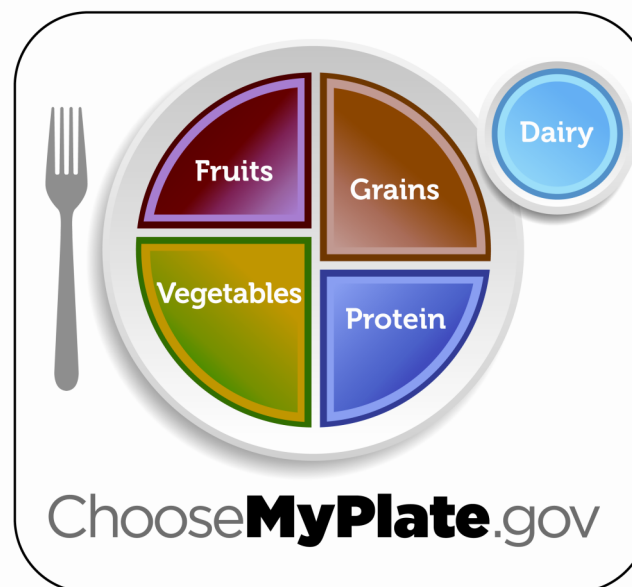
- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat milk (1%) milk for everyone over 2 years of age

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers
- Drink water instead of sugary drinks

MyPlate

Along with the new guidelines, the USDA has also put out the MyPlate as a simple guide to help Americans make healthier choices. The MyPlate will replace the MyPyramid. The food groups have basically stayed the same as MyPyramid, but there are some changes. The meat and beans group has been re-named the protein group and the milk group is now called the dairy



group.

The USDA has an interactive website where you can get practical information and tips to help you build a healthier diet. The website is ChooseMyPlate.gov. It includes information on each of the food groups including portion sizes and a list of foods from each group. These lists can help you and your family get more variety—it is easy to get stuck eating the same foods over and over! The website also has sample menus for a week and food group based recipes.

Visit the website to get a personalized plan based on your age and weight, healthy eating tips and information on weight loss.

Information adapted from ChooseMyPlate.gov